

Committee and Team meetings at St. John



Principles

- Your participation in the work of this team/committee is an act of discipleship. You are equipping the church to do God's work in the world.
- In serving the church in this way, you are living your faith.
- This meeting is an opportunity to grow in faith and in relationship with one another.
- God has gathered these people together to share time and space with each other, you are part of this body and accountable to one another.
- Honor one another's time and honor the work of the committee. Keep responses honest, yet brief. Keep on the agreed upon schedule.

Recommended Outline

- 1) Start on time. Opening prayer
- 2) Select one of the Discipleship Questions, invite everyone to answer question
- 3) Agenda specific to each group:
Old Business, New Business, Action Items
- 4) Joys/Concerns
- 5) Closing prayer. End on time

Things to Keep in Mind

- Encourage participation, be respectful of people's experiences, reflections, and thoughts
- Your response in this time is an offering to one another and to God

Discipleship Questions

- What is most satisfying about your involvement at St. John?
- What could you do at St. John which may bring you out of your comfort zone?
- If you weren't restricted on time or money, what hobby would you take up?
- What is the most clever or funniest use of advertising you've seen/heard?
- Are you more productive at night or in the morning?
- What techniques do you use to either motivate yourself or relax?
- If you could start a charity, what would it be for?
- How have you helped someone this week?
- In what areas of your life is it most difficult to ask for help?
- Share a story of someone you are remembering this week.
- In what ways do you connect with God through nature?
- What season - summer, spring, fall, winter, break up - would describe your faith right now?
- During the season of harvest how do you understand an abundant harvest?
- What is one item around the room that could symbolize your faith?
- What are you doing to grow in faith?
- Who do you talk to about your faith?
- Share about a time when you've experienced God's presence in your life.
- What stood out to you from Sunday's sermon?
- What is something you are hoping for in the next month?
- What is your earliest memory?

Methods of Prayer

With a Partner or Two

Partner Prayer - Find a partner. Share your prayer requests. Take turns praying for each other. Hold your partner in prayer throughout the week.

Birthday Buddies - Find 2 or 3 people with the birthday (month and day) closest to yours. Share 1 joy and 1 concern. Spend a minute in quiet prayer together.

As a Group

Joys and Concerns – Volunteers take turns sharing with the group a Joy (something you are celebrating). Then take turns sharing a Concern (something about which you are sad or worried). Someone lifts them all in prayer at the end.

"Popcorn" Prayer – After prayer requests have been shared, decide who will pray at the end. Hold hands in a circle, and take turns praying in no particular order until everyone who wants to has prayed. Then the last person closes the prayer.

Circle Prayer – Pick a direction to go around the circle (right or left). Everyone shares their prayer request. Then go around the circle and pray out loud for the person on your right (or left).

Prayer Huddle - With permission, one at a time, a person stands in the middle of the group. Everyone in the group touches part of their arm, back or shoulder and prays for them.

Open Eyes, Open Hearts - Offer prayers out loud and with your eyes open, making eye contact with various people as you pray.

Prayer Activities

Count Your Blessings - Take two minutes to write a list of your blessings. Go around the group and ask each person to share just one of the blessings they wrote.

Prayer Basket – Everyone writes out a short prayer on a piece of paper. Put the papers in a basket. Choose a piece of paper besides your own from the basket, then read the prayer out loud.

Prayer Request Basket - Write your name and prayer request on a piece of paper. Put all the papers in a basket. Choose a piece of paper besides your own from the basket. Spend 5 minutes in prayer for the person whose paper you've drawn.

Liturgical Meditation - 1 or 2 volunteers share something with the group, such as a meaningful scripture passage, a psalm, a hymn, or a liturgical prayer. Spend a short time in quiet prayer/mediation on what was shared. Consider setting a timer for a few minutes during the quiet time.

Musical Prayers – May involve musical talent, or simply playing a song on a small speaker. Someone chooses and plays a worship song. Everyone listens and quietly prays or meditates. If there is time, take turns briefly sharing what you heard or felt.

Rock Solid - Everyone gets a smooth stone. Hold the stone and think about the things, places, and people that need prayer. Rub the stone as you pray for them quietly.

Labyrinth - As a group, brainstorm things in our lives, community, and world that need prayer. Write them on a large piece of paper or whiteboard so everyone can see. Give everyone a personal prayer labyrinth printed on paper to trace with their finger, and explain what a prayer labyrinth is. Spend 5 minutes of quiet time praying over the list.